

## Commander's Corner

Now that we've had our boots on the ground for just over a month, most of you should be settled into your living quarters and duty routines. As we complete our transition into steady state operations, it's important that none of you become complacent. Complacency is a deadly enemy of soldiers—it leads to laxness on patrols as well as relaxed safety standards. I expect my NCOs and officers to monitor this issue and hold our soldiers to the highest standards of professionalism.



The recent Anaconda Comet Exercise we conducted, in which we tested and rehearsed our response readiness, went very well. It's important to be prepared, and such exercises help us to both keep our edge and be ready for any eventuality.

I'd like to welcome all of the newest members of our brigade who've joined us over the last few months as replacements. There are so many of you throughout the brigade that we may not have had the opportunity to meet in person. Please feel free to introduce yourselves to me if we haven't already met. It gives me great pleasure to meet new soldiers. I have an open door policy, however, if you'd like to use this policy, ensure that you've voiced whatever concerns you have to your chain of command before bringing them to my attention.

Rest and Recuperation leaves will commence in April of 2005. When you go on leave, be sure to behave responsibly, as you are representing the 29<sup>th</sup> BCT. Be certain to report back for duty on time, as you may be subject to UCMJ if you don't. Our Brigade G-1, Maj.

*(Continued on page 15)*

## CSM's Message

As we settle down in our steady state, I want everyone to make sure that we don't get too complacent. That word may seem over-used, but it will never go away. As soldiers, we always try to figure out ways of making our jobs easier, but those fixes or ideas should never compromise the mission or our safety. Seatbelts are one thing that soldiers are neglecting to use because the argument is for getting out of the HMMWV quickly. Well, if your truck gets involved in a roll-over accident or head-on accident which, unfortunately, is happening in theater, then that excuse doesn't work. Wearing them is not an option - they're mandatory and they will save lives. Not only will it save a soldier's life, but it will prevent major injury. Think about the impact it has when you have just lost a man from your 3 man gun-truck. That's a 30% reduction in your combat power. Proper clearing of weapons is another hot item that leaders and soldiers need to keep on top of. Make sure you remove that magazine first!



Good things are coming down too. NGB has published new guidance on enlisted promotions. I will send them to units very shortly. R&R is starting for our troops in April. For those who go on R&R, enjoy it and don't try to pile too much on your plate. Be safe and come back to your buddies. And by the way, for those who qualify, don't forget that \$15,000 re-enlistment bonus.

Lava 31

## ***MESSAGE FROM THE GOVERNOR***

Aloha!

This month, the state is observing the 20th Hawai'i Military Appreciation Month. With that in mind, I'd like to once again express my deepest appreciation for the 29th Brigade Combat Team for serving our state and our nation abroad with such courage and dedication. I want you to know that the people of Hawai'i think of you, appreciate you and recognize your invaluable contributions and sacrifices every day.

Last month, I had the great honor of participating in the 62nd anniversary celebration of the 442nd Regimental Combat Team's formation. This was also a wonderful opportunity to address the families of soldiers currently deployed in the 100th Battalion/442nd Infantry, part of the 29th Brigade Combat Team. It was such a moving experience to be surrounded by the 442nd veterans and to reflect on their heroism, knowing that their legacy continues on in our soldiers today. The 29th Brigade Combat Team is the new generation of warriors from Hawai'i, dedicated to duty, committed to the cause of freedom and destined to change the course of history.

I often reflect on the afternoon last October when I spoke at a farewell ceremony for the 29th Brigade Combat Team at Aloha Stadium. I wished you all well as you deployed to the mainland for training before joining Operation Iraqi Freedom. At that moment, Lt. Governor Aiona and I promised we would mention your service and bravery at every public event so people back home would keep you in their hearts, minds and prayers. I am proud to keep that promise every day and sincerely hope that our thoughts and prayers have touched you, even as you remain far away.

I have dedicated a special section in my weekly e-newsletter and on my Web site ([www.hawaii.gov/gov](http://www.hawaii.gov/gov)) to the brave men and women who serve in our armed forces. I hope you will send me your photos so the people of Hawai'i can share in the pride you bring to our nation. You can send the photos to: [governor.lingle@hawaii.gov](mailto:governor.lingle@hawaii.gov).

Mahalo nui loa to each of you!

Best regards,  
Linda Lingle  
Governor



*Photo provided by the Governor's Office*

# NEWS FROM THE FIELD

## Rollin' with the 1-184 Infantry

*By Capt. Kyle Yonemura*

29th BCT Public Affairs Officer

Forward Operating Base Falcon, Baghdad, Iraq - Our journey to Baghdad to work with the 1st Battalion, 184th Infantry Regiment, began with an early morning flight from Logistic Support Area Anaconda's "Catfish Air" terminal. We caught a UH-60 "Blackhawk" helicopter, traveling South on a half hour long flight to Baghdad's International Zone—formerly known as "The Green Zone." We flew low and fast, in what's called "nap-of-the earth" flying, bounding over electrical wires and other terrain features. Pilots fly this way to make their helicopters less of a target to ground fire.

One of the striking features of the landscape surrounding LSA Anaconda is the fertile farm lands that encircle the base for miles. Orchards and well tended fields stretch as far as the eye can see, and are fed by a series of water canals that weave through the green tapestry. It doesn't seem possible that such lush crops of every shade of green could grow from the faded brown soil. We fly over many small villages. One of the obvious features that can be seen clearly from the air are the humble homes in the villages—many of which are constructed of mud bricks and are the same color as the



*Photo by Spc. Jayson Howell*

### Lush farmlands surround LSA Anaconda.

light tan dirt of the farm fields they stand in.

We landed in LZ Washington, in the IZ, and were picked up by the 1st Bn., 184th Inf. Regt.'s Reconnaissance Platoon from Headquarters, Headquarters Company. The soldiers of the California National Guard's 1st Bn., 184th Inf. Regt. call themselves "The Night Stalkers," an apt name for soldiers who pursue their quarry during both day and night operations.

We left the IZ and immediately went "hot," chambering rounds into our weapons. Any patrol "outside the wire," i.e. outside of the relative safety of a Forward Operating Base, is a combat patrol. We pulled into the chaos of Baghdad traffic and drove along a portion of "Route Irish," the infamous "IED Alley" of Baghdad. This entire stretch of highway is scarred with twisted darkened steel guard rails, and littered with blasted cement—the results of hundreds of IEDs emplaced by insurgents since the war began. Our patrol was lead by Sgt. 1st Class Kelly Bargas. Bargas had the daunting task of monitoring multiple radios, watching traffic, scanning the roadway for possible threats as well as leading the soldiers in the convoy. The turret gunners watched their lanes of fire, scanned for threats, communicated with the drivers and vehicle commanders—while at the same time giving Iraqi drivers hand and



*Photo by Cpt. Kyle Yonemura*

**SFC Kelly Bargas lead our patrol from the International Zone to FOB Falcon.**



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arm signals to clear the way for the patrol. Patrolling the mean streets of Baghdad requires exceptional multi-tasking skills and alertness, and the Night Stalkers excel at it.

Ten minutes into our patrol, we hear the staccato blast of automatic gunfire. Our patrol had begun taking fire on our left flank. In an instant, the distance and direction of the threat were called out to all, and Sgt. David Lopez, a turret gunner in the second vehicle in the patrol identified his target—an Arab male, about 25 years old, wearing a black shirt and brown pants who was firing an AK-47 at us. Sgt. Lopez immediately returned accurate fire at the insurgent with his M-4 rifle, sending the gunman sprawling for cover behind a building.

Once at FOB Falcon, the soldiers conducted a debriefing of the insurgent contact. Such after action reviews help the Night Stalkers identify new trends in AIF activities. After the debrief, I spoke with turret gunner Spc. Jason Leon, a 21 year old Film Student from Salem Oregon, who's attendance of Biola University was interrupted by his deployment to Iraq. "On these patrols, everyone has everyone else's backs," said Leon. "I trust every one of these guys in my squad. The danger we face every day and the trust we place in each other has brought us together like a close knit family."

At FOB Falcon I met with the head Night Stalker—Lt Col. Patrick Frey, the Unit's Commander. He outlined the "Stalker" Area of Operations on a map, which consists of a sizeable area of Baghdad. Along with bringing security to this large and heavily populated area, the Night Stalkers also protect critical infrastructure, including an electrical power plant and an oil refinery. Also within their AO is the Karradah Peninsula along the Tigris River, which Lt. Col. Frey describes as the "Paris of the Middle East." Within the Karradah Peninsula are beautiful villas along the Tigris River, the Baghdad University and a lot of Christian churches. Lt. Col. Frey's men deal with the threat of IEDs and Vehicle Born IEDs daily, along with a lot of enemy activity. Since taking responsibility for this large geographical area, the soldiers have placed a lot of emphasis on trust-building engagements with the residents of



*Photo by Cpt. Kyle Yonemura*

**SSG Lopez narrates his actions in an incident in which our patrol took hostile fire during a debriefing.**

Baghdad. Their patrols include a lot of face to face meetings with the residents of the areas they patrol, and they shake a lot of hands. They have also implemented aggressive foot patrols through the roughest areas of Baghdad, something their predecessors didn't do. The results of their efforts have been immediate and dramatic—according to Lt. Col. Frey, there has been a marked 75% decrease in IEDs along one of the main routes through their sector since they took over.

We then headed back into Baghdad with Lt. Col. Frey. The gregarious head Night Stalker personally met with many of the area residents, shaking hands and exchanging greetings. The Iraqi's who met with Lt. Col. Frey were excited about meeting the commander of the American soldiers who patrol their neighborhoods. Everywhere we went, children came out of their homes in droves to wave at the infantrymen. The soldiers tossed candy to the children—candy that had been sent to them from home or purchased on their own for this purpose. At one point they stopped and passed out toys. The good will the candy and toys generated was evident in the brilliant smiles of the children and their parents.

Throughout the patrol Iraqis waved at the passing soldiers. In some of the faces I saw smiles and friendli-

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ness. In a few, I saw a look I that have seen many times before as a police officer in civilian life—the look of hatred. The streets and sidewalks of Baghdad bustle with the activities of daily life. Parents walk their children, shoppers buy groceries from street markets, vendors hawk their wares—one wouldn't know there is a war going on here if not for the sporadic automatic gunfire that pervades the city, punctuated by an occasional explosion. "After a while you stop noticing the gunfire," said Sgt. 1st Class Bargas, "unless it's aimed at you."



*Photo by Cpt. Kyle Yonemura*

Nothing eventful happened during the rest of

**Soldiers from Co A, 1st Plt. patrol past the St. George Church of the East, that had been destroyed by a bomb and marked with graffiti in Al Ad Darwah, Baghdad.**

the patrol—with the exception of a lone gunman who popped up and took a single shot at our patrol from a roof top. Our turret gunner couldn't pinpoint the exact location from which the shot had been fired and we continued on—just a normal day in Baghdad for the soldiers of "184."

Our third combat patrol started the next morning with the soldiers of Company A's First Platoon. The First Platoon checked major routes in their AO, conducted a foot patrol through the Al Ad Darwah Market Place, finishing with a knock and search of a suspected weapons cache. While this particular search wasn't fruitful, others have been, with many insurgents and caches of weapons rounded up.

Since being assigned to this AO, the "Stalkers" have conducted numerous raids in the Al Ad Darwah neigh-

borhood in Baghdad. Maj. Gregg Krappman, a battalion staff officer, informed me that the "1st Bn., 184th Inf. Regt. is the Main Effort for all offensive operations in the Al Ad Darwah area, the most dangerous section of Baghdad." "We're a lot more aggressive than our predecessors were," he said. And aggressive they are.

On March 1, 3rd Platoon, lead by 2nd Lt. Robert Couture made contact with a cell of Anti-Iraqi Forces in Al Ad Darwah during a routine evening patrol. "At about 2300 hours we started taking heavy fire with tracers from a house," said 23 year old Spc. Robert Kneisly, from Visalia, CA. Kneisly was with the platoon when they made initial contact. "During the firefight I lost track of time, several grenades went off, my adrenaline was pumping," said Kneisly. Kneisly used his turret mounted M240B machinegun to lay down heavy suppressive fire on the insurgents.



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“Training kicked in, everyone did their jobs, and the communication was great,” said 31 year old 2nd Lt. Couture of Los Angeles. Couture and his sergeants separated the team, with one element entering and clearing the house from which the automatic fire was coming. As a result, 5 armed insurgents were killed, and 2 were captured, with no friendly forces injured. One of the insurgents killed was a former high ranking Bathist Party member. “I couldn’t be prouder of my guys,” said Couture proudly, “they did really well!” It was all in a day’s work for the well trained Night Stalkers of the 1-184 Infantry.



*Photo by Capt. Kyle Yonemura*

**Sgt Miguel Villa on a foot patrol with the rest of 1st Plt., through Baghdad’s notorious Al Ad Darwah Market.**

## The Infantry Evolution

*By Spc. Jayson Howell  
29th BCT Public Affairs*

BAGHDAD—Keeping the peace in the streets of Iraq calls for a new brand of infantryman, as demonstrated by the men of 1st Platoon, Company A, 1st Battalion, 184th Infantry Regiment. On March 18th, they performed a typical patrol of their sector in southeast Baghdad.

The Soldiers travel in a convoy of four armored humvees, each armed with a turret mounted weapon. Along major streets, they drive aggressively. Spc. Solano, the lead humvee driver, honks his horn almost constantly to urge traffic ahead to make way for the fast moving convoy. The patrol of humvees is conspicuous among the hundreds of civilian vehicles on the road, and these men have learned from the hard lessons of other units: slowness on the road invites ambush. Spc. Solano drives nimbly through the narrow paths that open just a few meters in front of the convoy. Prior to mobilization, 1st Bn., 184th Inf. Regt., was a light infantry company. The conversion to motorized infantry came after months of training in Fort Bliss, Texas and Fort Polk, La. Although challenging at first for soldiers accustomed to operating on foot, the trucks perform in concert with each other.

These soldiers are equally at ease dismounting their vehicles and patrolling the streets on foot. As they arrive in their targeted patrol area, the humvees pull into a defensive position. Half of the troops dismount and quickly form into a staggered patrol formation. As they walk through the streets of Baghdad, they pass the collapsed walls and the scorched and twisted gate of the Saint George Church of the East. This Christian church in a predominantly Muslim community has never recovered from a carbomb which left the building in ruins. The Iraqis stop their activities and watch the passing patrol. Some stare silently, while others call out in Arabic, “marhaba,” or occasionally its English equivalent—“hello.” As they walk through the neighborhood, they note houses along the way that reports indicate are supporting anti-Iraqi forces.

Staff Sgt. Thomas Stone, the platoon sergeant, likens these missions to walking the beat in any other bad neighborhood. With over 14 years experience as an infantryman in the Army, and 8 years as a police officer, Stone, 34, of Fountain Valley, CA, offers a unique perspective. “Minus the IED’s and RPG’s, I think it’s almost a direct parallel to police work,” says Stone. “I think from an infantryman’s standpoint this is totally like nothing we were ever really trained for because of the civilians on the battlefield... You come here and see

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[thousands of] people in the market... If you have an engagement what do you do? The decision making process for an infantryman [in Iraq] is so different than anything previous to our mobilization that we were trained for.”

This first month of Co. A’s presence in Baghdad is largely a time for the troops to get oriented both to their area of operations, and to their new role within it. The Soldiers look forward to conducting further security and humanitarian missions.

To assist in overcoming the cultural and language barrier, 1st platoon brings along its Iraqi interpreter. The threat of reprisal forces him to hide his identity by wearing a ski mask in the hot midday sun.

It is clear from their expressions that many Iraqis are apprehensive of the Soldiers walking through their neighborhood. A false tip from a local has the platoon knocking at the door of a nearby home and asking permission to search it. After being invited in, a quick and gentle search reveals there are no weapons in the house. It is apparent that the tip was meant to harass this Iraqi household—a local Christian family. What the false accuser failed to take into account were the courtesy and professionalism of the troops. The intended harassment of the home instead became yet another chance for 1st Platoon to build a face-to-face relationship with a resident in the community. Co. A works hard to earn the trust of their Iraqi allies, and Staff Sgt. Stone is confident his men are making a difference.

Pvt. Albert Rayos, 20, of Porterville, CA has learned that the modern infantry’s role is more than simply engaging the enemy. The newest member of the team, Rayos was mobilized just months after completing one-station unit training at Fort Benning, Ga. In becoming an infantryman, he learned movement tactics, familiarized himself with a variety of weapons, and learned to work as a member of a team to achieve mission success. Nonetheless, his deployment to Iraq required him to adapt to a more community based mission. “I come out here... and I’m helping people. I’m not just shooting,” says Rayos. “That’s going to stay with me as long as I live, wherever I go... I helped in Baghdad.”

## A Heart for Fire Victims

By Sgt. Lauran Robinson  
29th BCT Public Affairs

LSA ANACONDA—With the quick actions of the Soldiers of Task Force Konahiki, the post waived standard procedures, and provided urgent medical attention to an Iraqi soldier’s family—victims of a terrorist attack on their home.



*Photo by Spc. Naomi Suzuki*

**Foghen, the wife of an Iraqi Soldier, holds her baby daughter Sawson as she stands with one of her heroes, Master Sgt. Lanky Morrill.**

Some Iraqis, such as members of the Iraqi Army, Iraqi Police, and translators working with the coalition forces are subject to terrorist attacks. In Albu-heshmah, a village near Logistic Support Area Anaconda, Mohammad, an Iraqi soldier of the 4th Battalion, 13th Brigade, 4th Division, received three threatening letters in the course of two weeks.

On March 4th, after eating dinner with her extended family, Foghen, the young wife of Mohammad, put her daughters—two year old Maryem and two month old Sawson—to bed and settled down for the evening. She woke up shortly thereafter to her home ablaze and her children crying.

Foghen and her children escaped the deliberately set



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fire, but not without injuries. Foghen suffered from burns on her arms and face as she rescued Sawson, who was burnt on her head, and Maryem, who suffered from 2nd and 3rd degree burns from her waist down. Mohammad, who was at another family member's house during the time of the attack, rescued his injured family and brought them to one of the gates at LSA Anaconda.

Under the fragile circumstances and standard procedures of entry into LSA Anaconda, many factors had to be considered before allowing the Iraqi family into the compound. Master Sgt. Lanky Morrill, Maj. Brian Wilkins and Dr. David Schwartz met the family outside the gate to assess the injuries and determined the family needed immediate medical attention. Master Sgt. Morrill took charge of the situation by coordinating the appropriate actions necessary to get the family into the LSA while ensuring the safety of the post from possible enemies. The family was taken to the Air Force Theater Hospital on post and treated for their injuries.

Foghen and her youngest baby, Sawson, were released from the hospital after a couple of weeks. Two year old Maryem was in intensive care, could not recover from her injuries, and died three weeks after the attack.



*Photo by Master Sgt. Lanky Morrill*

**Her body wracked by constant pain, two year old Maryem is comforted by a staff member at the Air Force Theater Hospital on LSA Anaconda.**

## Eyewitness to Hotel Explosion

*By Sgt. Lauran Robinson  
29th BCT Public Affairs*



*Photo by Sgt. Lauran Robinson*

**Cpl. Paul Madison looks down at the crater left by the two ton bomb that exploded in front of the Al Sadeer Hotel.**

BAGHDAD—As temporary residents of Al Sadeer Hotel, three Soldiers from Headquarters Headquarters Company, 1st Battalion, 184th Infantry Regiment, experienced firsthand the brutality of war, when a two ton bomb went off in front the five star hotel on March 9th , the date which marked the US invasion of Iraq two years ago.

Spc. Jon Kamto, Sgt. Derek Lindberg, and Cpl. Paul Madison were on the 7th floor of the hotel as part of their mission for retransmitting communications for their unit. Around 6:30 am, the three Soldiers awoke to gun shots fired outside the hotel. Cpl. Madison went to the window, and looked into the parking lot below to investigate.

He saw one man firing at guards from the back of an orange dump truck that had forced its way through the hotel security gate. Security guards posted in key locations of surrounding buildings were returning fire. In the midst of the firefight, the driver of the truck was attempting to penetrate the parking lot barriers protecting the hotel.



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The truck, which was carrying 4,000 lbs of explosives, failed to breach the barriers when the bomb exploded. The blast threw Madison away from the window, injuring his right eye and leaving him with some cuts.

The explosion broke every window and door in the hotel, destroying most of the rooms of the eight story hotel with the worst damage being on the 4th floor. The collateral damage included properties, multiple vehicles, and surrounding buildings. Thirty US contractors residing in the hotel were wounded, however there were no US personnel killed in the attack.

The Soldiers of Co. C, 1st Bn., 184th Inf. Regt quickly came to the rescue and were the first on site to render first aid. They established security around the perimeter and secured the area following the attack.

Cpl. Madison volunteered to come overseas and provide his services for OIF III. He was back at work a week after the attack. Spc. Kamto and Sgt. Lindberg were not injured during the attack, and have continued on with their mission after the experience. "My whole sense of naiveness is gone. My eyes are wide open now. I'm more alert and more conscience of our enemies." said Spc. Kamto.

Al-Qaida claimed responsibility for the suicide bombing, stating that the "Jewish hotel" was being used as a secure Jewish base and an armored fortress.

### In Search Of...

*By Sgt Lauran Robinson  
29th BCT Public Affairs*

BAGHDAD—One more illegal weapon was taken off the streets of Baghdad as Soldiers of Battery E, 216th Air Defense Artillery, found a 7mm pistol in a cabinet during a "soft knock" search of a house in Al Jammaya, an area in Baghdad.

Iraqis are allowed to possess one rifle and one full maga-

zine of ammunition to protect themselves and their families. Without a registration, smaller weapons are prohibited because they are easily hidden. The number of rounds an Iraqi is allowed to possess is limited to eliminate stockpiling of ammunition. Anything else in their possession is seized.

The Soldiers of 1<sup>st</sup> Platoon, Btry. E, 216th ADA, patrol their sector of Baghdad which includes an area called Baithe where Saddam's favored people reside. Under the leadership of 2nd Lt. Michael Klaphake, the platoon looks for anything suspicious, respond to hostile activities and identify IEDs within their sector. On March 19th, a team of Soldiers performed a random soft knock search of a house in Al Jammaya where they found and seized the illegally possessed handgun.

A soft knock is a thorough search of a house with the resident's permission. They look for illegal documents, passports, weapons, ammunition, unusual amounts of electronic devices or wires. These searches minimize threats, and provide potential leads to track down enemies. From minor offenses to major finds, illegal possessions are found a third of the time.



*Photo by Sgt. Terry Eldred*

**2nd Lt. Michael Klaphake inspects an illegally possessed handgun found during a random soft knock.**

## STAFF SECTION

### Preventative Medicine

#### COOL DAYS ARE OVER

*By Apolla Benito*

*Preventative Medicine*

Cool days will be over soon. We need to prepare ourselves for the warm days and nights. There are two critical issues that must be addressed: First, we need to know how to prevent heat injuries. Second, it's sand fly season and again we need to know how to protect ourselves from contracting leishmaniasis.

Heat injuries can range from sunburn, to mild heat cramps, to more severe heat exhaustion, to life-threatening heat stroke. Some of the most common symptoms includes: muscle cramps of arm, legs, and/or stomach; heavy sweating and extreme thirst; weakness; headaches; dizziness; profuse sweating; pale, moist, cool skin; loss of appetite, nausea (with or without vomiting); chills (gooseflesh) rapid breathing; confusion; and tingling of the hands and/or feet. Seek medical attention if experiencing any of the symptoms.

How to prevent heat injuries?

- Drink plenty of water (hourly fluid intake should not exceed 1 ½ quart, and daily fluid intake should not exceed 12 quarts)
- Avoid heavy meals at lunch time
- Maintain a well balanced diet
- Maintain physical fitness
- Wear appropriate clothing
- Use sunscreen
- Follow recommended work/rest cycles for water consumption (urine color should be light with no strong odor)
- Keep areas well ventilated
- Use the buddy system- personnel who have had previous heat injuries are especially susceptible to new or more serious injuries
- Monitor those at risk
- Avoid over-the-counter medications, alcohol, tobacco, and caffeinated beverages since any of these can cause or increase the effects of dehydration or solar

radiation (sunburn) injury.

- Avoid Dietary supplements which include EPHEDRA (ripped fuel/metabolife) or Creatin which increase susceptibility to heat injuries.
- Use common sense

With the warm/hot weather around the corner, bugs, mosquitoes, sand flies, and other creatures will start to appear. We are specially concern with sand flies and the disease (leishmaniasis) that is transmitted by these sand flies. Sand flies are tiny, only 1/3 the size of mosquitoes, they fit through mesh of untreated bed nets, most active from dusk to dawn, make no sound, and they are severe nuisance biters.

Leishmaniasis is caused by a parasite that gets into people when infected sand flies bite them, and symptoms may not show up for weeks or months. There are two forms of disease: Cutaneous (skin) and Visceral (internal organs). The cutaneous is seen as a sore that will not heal and leave ugly scars, even after several weeks to months and antibiotic treatment. The visceral is seen as fever that will not go away (often with high spikes twice a day) even after several weeks and antibiotic treatment. It affects internal organs, and causes death if not treated. There is no vaccine or preventive drug. There is a special drug treatment done at Walter Reed in Washington DC. If you have a bite that will not heal, seek medical attention.

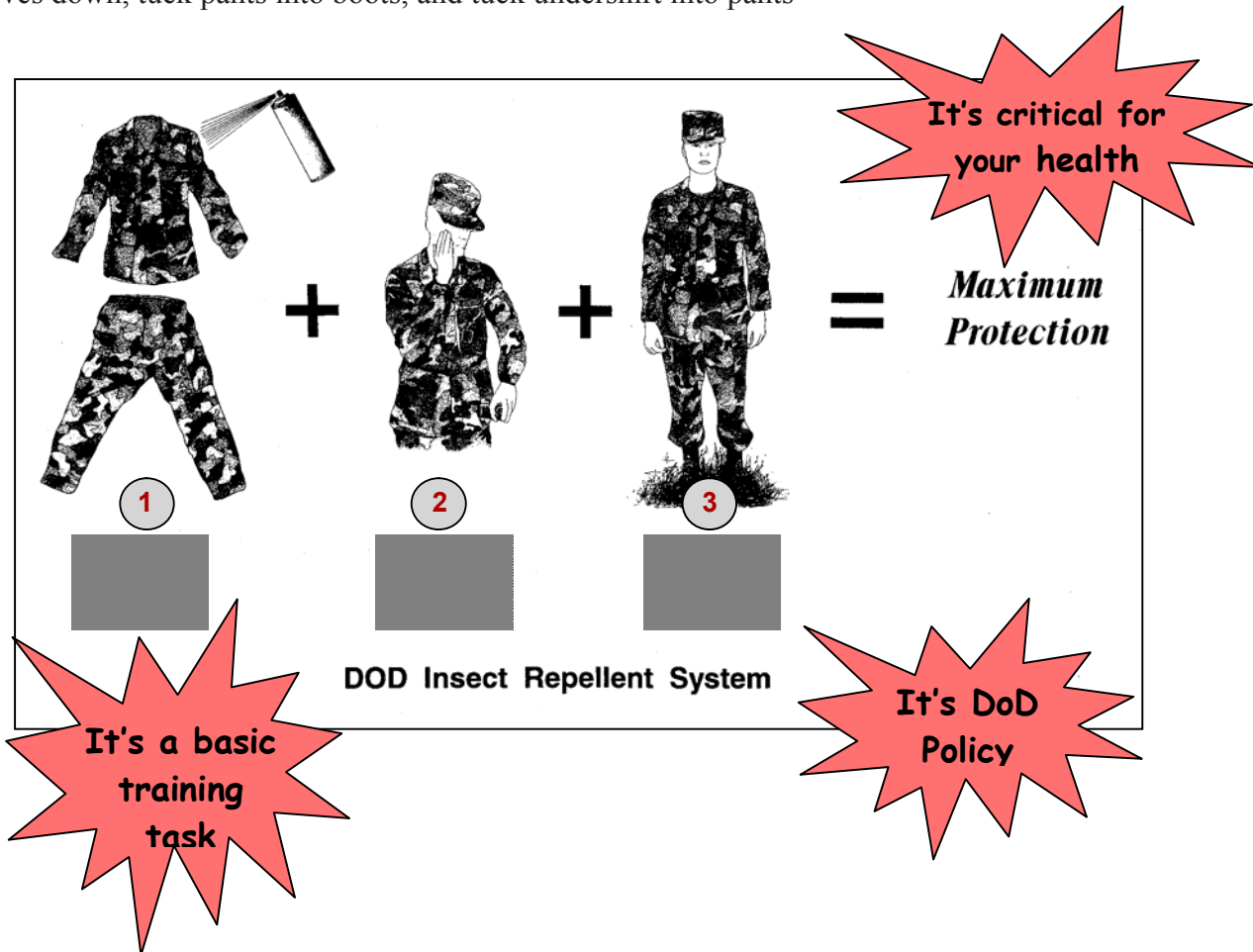
How to defend ourselves against sand flies?

- Limit outdoor activity at dusk and during the evening when possible, when the sand fly is most active.
- For optimum protection use the DOD Insect Repellent System (see diagram below).
  1. Treat uniform with permethrin, IDA Kit (shake and bake). Treat bed net with aerosol permethrin spray can.
  2. Apply DEET lotion lightly and evenly to exposed skin. Do not use underneath clothing. Avoid contact with eye, lips, and broken or irritated skin. To apply to the face, first dispense a small amount of DEET on the hand and then carefully spread a thin layer. Wear uniform properly to cover as much skin as possible and prevent access through openings in the cloth-



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ing: roll sleeves down, tuck pants into boots, and tuck undershirt into pants



Heat injuries and leishmaniasis are both preventable when the proper countermeasures are used. Now it's your decision whether you want to stay cool or not.

For more information about heat injuries, leishmaniasis, and how to order DEET and permethrin, or other preventive medicine issues/concern, contact the Preventive Medicine Section at 529-6665 or stop by at the Lava Clinic, Building 4150.

“conserve the fighting strength”

Preventive Medicine Section

## **29th BCT Safety**

### **Integrated into What We Do**

*By Chief Warrant Officer Hargrave  
Safety Officer*

24-7, **safety** has an important impact on how we conduct tasks to complete assigned missions. Whatever the mission; convoys, escorts, guards or patrols, the process of implementing safety into what we do affects our combat readiness. Conduct an effective Composite Risk Assessment to identify all possible hazards for your mission. Assess the hazards identified and establish controls to reduce or eliminate the risk. Inform everyone; platoon, squad and team members, to ensure the controls are implemented. Composite Risk Management is NOT an excuse to avoid the mission.

Months prior to our arrival into Iraq, safety has been a main focus on how units protect their soldiers to maintain combat readiness. Our soldiers are being injured or killed through the same types of accidents every day. Reasons and types of accidents have not changed, only the victims are different. Leaders have been encouraged to implement and maintain established standards. The key to accident prevention is to perform your mission to standards. Do not allow your soldiers to become complacent while performing their task. The results of uncomplacent performance will increase productivity, sustain combat readiness and minimize cost of operation.

29 BCT has occupied LSA Anaconda with many missions on its plate such as: guard duty, patrols, maintaining equipment, operating new equipment, taking care of INGs and our own soldiers, to include administrative issues. Each of these areas should also have a plan to implement Composite Risk Management into each operation. Think **safety** and ask yourself the following: 1) How many times have I passed an unsafe condition without correcting or saying anything? 2) How many soldiers have I seen engaged in an unsafe act or behavior? 3) Have I ever taken shortcuts that increased the risk associated with a task or mission? If you an-

swered sincerely, you may resolve to protect yourself and other soldiers from accidents and injury. As safety is fully integrated in your unit, soldier error, equipment breakdowns and the negative effects of operating are minimized.

Commanders are responsible for soldier safety and the quality of their safety program. Unit Safety Reps in each unit recommend to the commander sound principles for a successful safety program. Do not accept any unnecessary risk and ensure all risk decisions are made at the appropriate level.

### **YOUR INVOLVEMENT SAVES LIVES**

**“BE SAFE - MAKE IT HOME”**



### **Staff Judge Advocate**

Soldiers deployed in support of Operation Iraqi Freedom may want to take advantage of recent changes to the law governing consumer credit reporting.

The Fair and Accurate Credit Transactions Act, or FACTA, which was enacted on December 4, 2003 and amends the Fair Credit Reporting Act (FCRA), enables military personnel to place an alert on their credit file if they are deployed.

FACTA directs the FTC to determine the duration of active duty alerts for military personnel, and sets a minimum of 12 months. The FTC has implemented the 12 month minimum duration for the alerts, stating one year generally covers the time period for which most service members are deployed. Military personnel who receive extended deployments may place another active duty alert in their file after the first alert expires.

Soldiers may request their credit report at any time, while access to their credit history by outside sources is strictly limited by law. Outside access to a consumer's credit information is regulated by the Fair Credit Reporting Act ("FCRA"), and administered by the Federal Trade Commission.

The FCRA limits outside access to a consumer's credit report to a narrow set of circumstances, to include: the granting of credit, the collection of a debt, the underwriting of insurance, employment purposes, for issuing a license as required by some government agencies or for a legitimate business transaction between a business and a consumer. Obtaining a credit report under false pretenses, or improper use of a credit report is a violation of federal law.

As of 1 December, 2004, residents of certain Western Zone states may receive one free copy of their credit report annually. These states include: Alaska, Arizona, California, Colorado, Hawaii, Idaho, Montana, New Mexico, Nevada, Oregon, Utah, Washington, and Wyoming. This benefit extended to a number of Midwestern states on March 1, 2005. These states include: Illinois, Indiana, Iowa, Kansas, Michigan, Minnesota,

Missouri, Nebraska, North Dakota, Ohio, South Dakota, and Wisconsin. Southern states will offer the benefit starting June 1, 2005, while the eastern U.S. and all U.S. territories will receive the same as of 1 September, 2005.

Soldiers can obtain a copy of their credit report online at [www.annualcreditreport.com](http://www.annualcreditreport.com). Or by calling 1-877-322-8228, or writing to: Annual Credit Report Request Service, P.O. Box 105281, Atlanta, GA 30348-5281.

In light of the recent increase in identity theft, soldiers are greatly encouraged to take advantage of this free annual service. Erroneous information, false reports, and criminal activity can often times find their way onto an individual's credit report. By taking an active role and regularly reviewing their credit, soldiers can reduce the risk of falling victim to an erroneous bad credit report.

If you request a copy of your report, review your credit file to verify the following:

- Name
- Address
- Social Security Number
- Date of Birth
- All accounts listed are your own
- Credit/charge accounts
- Outstanding balances/limits on the accounts
- Payment histories
- Derogatory credit information
- Inquiries

## **SCRA Benefits for Activated Guard and Reserve Soldiers**

Capt. Lloyd Phelps II

Knowing is often times half the battle. In the legal world, knowing your legal rights can affect the entire battle. In this article, the first in a series covering the Service Members Civil Relief Act, we focus on deployed soldier's rights involving stays of certain court proceedings. Soldiers called up to active duty are eligible for a number of protections and benefits under the Service Member's Civil Relief Act (SCRA). These protections begin on the date soldiers enter active duty service, and terminate upon release from active duty. Under the act, soldiers can seek stays of certain court proceedings due to their military commitment.

Service members who are either a plaintiff or defendant in a *civil lawsuit* (not criminal) may request a stay, or postponement, of a court proceeding in which they are a party, to include civil court hearings, bankruptcy and debtor-creditor meetings, and administrative hearings. Stays may be requested at any point in the proceedings prior to rendering of a final judgment and are effective for not less than 90 days. Soldiers deployed for longer than 90 days may initially request a longer stay, and if refused, the court must appoint an attorney to represent the service member. A court *may* grant the initial 90 day stay on its own motion, but *shall* grant such a stay upon proper application by the service member.

A letter must be sent to the court detailing the manner in which current military duty is materially affecting the servicemember's ability to appear, and stating a date when the servicemember will be available. Legal Assistance is available to assist soldiers in drafting letters to the court. Soldiers should also have their commander write a letter stating that the soldier's current military duty prevents appearance and that military leave is not authorized for the servicemember. For more detailed information regarding these and other SCRA benefits, contact the 29<sup>th</sup> BCT Office of the Staff Judge Advocate.

## **Chaplain's Blessing**



*Photo by Sgt. Terry Eldred*

**“Rejoice in the Lord, O ye righteous: for praise is comely for the upright.**

**Praise the Lord with harp: sing unto him with the psalter and an instrument of ten strings.**

**Sing unto him a new song; play skillfully with a loud noise.**

**For the word of the Lord is right; and all his works are done in truth.**

**He loveth righteousness and judgment: the earth is full of the goodness of the Lord.”**

*Psalms 33:1-5*

Rejoice, love righteousness, and truth, and the God of our Fathers will be with you.

Chaplain (MAJ) Leonardo Jamias

We invite all to come to our Christian Service which is held at Eden Chapel, at 1100 hrs every Sunday.

Special acknowledgements to SFC Hernandez (*instrumentalist, vocalist*), SPC Vetalia Coleman (*vocalist*), SPC Damien Marts (*guitarist, vocalist*), SPC Tara Muramoto (*vocalist*), and Chaplain (MAJ) Charles Underhill for the music. Special thanks to Chaplain (CPT) Fouvale Asiata, CPT Jesse James, MSG Live Tau, SSG Silivelio Iosefo, SGT Fitts, SPC Lynwood Walker, and SPC John Olipani. Most especially we are truly grateful for all of you who come faithfully each Sunday to worship as a family of faith.

May God protect and bless us all, our families, the United States of America, and Iraq with love and peace.



### Commander's Corner

*(Continued from page 1)*

Yoshida, has implemented a plan which will ensure that all units will have adequate slots available for R&R.

The new gym on LSA Anaconda is a world class facility. I encourage all of you to make use of it. Physical fitness is vital to your ability to succeed in your mission and stay healthy. I'm sure you've noticed that the weather is warming up here. Take care of yourselves. Get adequate rest, exercise, and drink lots of clear fluids. Regular exercise will help you acclimate to the oncoming summer heat.

"Warriors, trained and ready to meet the adversities of today as we prepare for the challenges of tomorrow."

Lava 06

Do you have a Question, Concern, or Issue?

**29th BCT Inspector General (IG)  
MAJ William Foss**

william.foss1@us.army.mil

or

william.foss@balad.iraq.centcom.mil

Located in the Warrior Support Center  
Across from Building 4114, in the trailers  
on the north side of 1st COSCOM Headquarters,  
LSA Anaconda

DSN: 829-1125

Happy 22nd anniversary to my husband SSG Lionel Lumauag from your 1 wife Petra and kids CJ, Timmy and Tatiana. We love you and miss you.

"Happy Birthday Shane!! We love you very much and wish we could celebrate your special day with you. Love and kisses from your wife and kids."

SGT Skinner, Jose; HHC 29th BCT; "We love you son and will see you very soon. Love Mom, Dad and Sis"

"Travis, I love you with all my heart; Keep your spirits up, head down and come back to me safely". From his wife Lindsey Dane

To SPC Clifford Cardenas, HHC 29th BCT, from his family. We love you and are so very proud of you, and all of the soldiers, who so bravely fight for our freedom. Thank you...you are our hero. Please keep safe and come home to us quickly.

My husband, SPC Joseph Albin, we love you more than words could ever say and are SO PROUD of you!!!

We'd like to wish SFC (Daddy) Garrett Iha a very Happy Birthday on April 8th. With all our love, Preston and Susie (Mama) Iha

"I wanted to say Happy Birthday to my one and only Spc. Sanford Francis Chun Jr. He's in the HHC 29th BCT and is an MP. His birthday is on the 21st of April...so everyone wish him a happy birthday for me and God Bless You All! Love, Christalyne"

Sgt. Gregory Santiago, 29th Spt. Bn; Honey, your family is very proud of you. Love, Geri, Chassy, Calden, Isaiah

Happy 20th birthday and 3 month wedding anniversary to Specialist Ryan Manuel from his wife Chantel Manuel and baby Kara!! We miss and love you!!

Wishing you (MSG Richard B. Frost of HHC 29th BDE) a Happy Birthday on April 8th. We miss you. We love you! Love, Cynthia, Christopher, Jennifer and

## MESSAGE IN A BOTTLE

To MAJ Leo Luna with the HHC 29th BCT: Happy Anniversary on April 17th, our 6 year wedding anniversary. The boys and I miss you and are so proud of you. We love you dearly, LaVanda.

Happy Yakudoshi, Major Brubs! See you soon—all our love, Your Ohana (Mom, Ernie, Blis, Kalei, Trish, Sean, Po, et al)

Aloha Soldiers of the LAVA BCT:

As a former Deputy Brigade Commander of the 29th SIB (E) and a Vietnam Veteran with the 1st Cavalry Division, I am bursting with pride for all that the LAVA BCT Soldiers are doing in Iraq. Kauai as with the rest of Hawaii and the Nation remains rock steady in our support for you all. God Speed! LAVA!  
COL (Retired) Ted Daligdig III

Wishing my husband Major Robert Isidro a Happy Anniversary. Our first anniversary is April 4th. Mahalo, Cassandra Isidro

Happy Birthday Major Soliman Valdez (April 1st)  
With lots of hugs and kisses from your 2 beautiful boys, Michael Kainoa and Thomas Ikaika, your wife - Jocelyn, mother - Elizabeth and the rest of the ohana...

We pray every night that our heavenly father keeps you and the rest of the 29th BCT safe. God bless you!

Happy Birthday to CSM Robert Inouye. Our thoughts are with you and the soldiers of the 29th BCT. From your wife Cathy, children Matt and Mel, and Dog Baby "Ginger".

To: 1Lt Michael Caraang and C Company 29th SPT BN - The Lord will keep you from all harm - He will watch over your life. Psalm 121:7

Thank you for all that you do! We're praying for your safe return. Godspeed.

Love you,

Aileen, Neelia & Naiya Caraang

I would like to send out a Happy Birthday to my husband Sgt. Marlon Martinez of the HHC 29th BCT (MP). His Birthday was on March 31. Hope you had a good

Birthday. We love you Daddy. Missing you...Mil, Macee Lianne and Baby Madisyn Xiannie.

For 1SG Craig Ynigues, CoB, 2nd BN, 299th .

Happy Anniversary, April 9th. After all these years, I not only love you, but I even still like you! You're always in our thoughts and prayers as well as our hearts.  
XO

Carly Ynigues



*Photo by Spc. Jayson Howell*

**At LSA Anaconda, Sgt. Rivera, HHC, 100th Bn., 442nd Inf. Regt., joins the rest of his platoon in prayer before a mission.**



## PHOTO GALLERY



Sgt. Afu Filisi (below), an infantryman assigned to the 100th Bn., 442nd Inf. Regt., takes up an overwatch position in the Town of Yethrib while members of his patrol attend a ceremony commemorating the naming of two new judges.

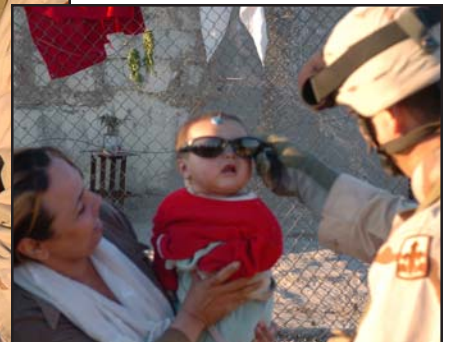
*Photo by Capt. Kyle Yonemura*

*Photo by Capt. Kyle Yonemura*

The naming of 2 new judges in the town of Yethrib was attended by many of the area's shieks. The event (above) was significant as it highlighted the Iraqi Government's efforts to rebuild the area's legal system.



Sgt. JT Draper III, HHC, 1st Bn., 184th Inf. Regt., provides much needed assistance to a Baghdad family with a box of MREs (left) and clean drinking water. Sgt. Draper helps the family's baby prepare for the bright Iraqi sun (below). Building strong community relationships is part of the key to 1-184's success.



*Photos by Spc. Jayson Howell*



## PHOTO GALLERY



**Spc. Ricardo Romero of Btry. E, 216th ADA, plays ring-around-the-rosey with neighborhood children while stopping in the Daura neighborhood in west Baghdad.**

*Photo by Sgt. Terry Eldred*

### **Sunrise at the Catfish Air terminal of LSA Anaconda**



*Photo by Capt. Kyle Yonemura*



*Photo by Spc. Jayson Howell*

**March 17th, Spc. Jeff Sinclair, HHC, 1st Bn., 184th Inf. Reg., remains vigilant in the heart of Baghdad as a member of the personal security detail for key battalion personnel.**

## ***SHAMELESS SELF-PROMOTION***



### **The Lava Flow Staff**

The Lava Flow is published monthly by the 29th Brigade Combat Team's Public Affairs Section.

The 29th BCT PAO is dedicated to telling the story of the men and women serving with the 29th BCT in support of Operation Iraqi Freedom, as well as bringing messages of support to the troops. Our newsletter, The Lava Flow, is a Command Information bulletin, used by BG Joseph Chaves to keep his brigade's soldiers informed.

As a morale booster, we'd like to include messages of support from family members for the brave men and women of the 29th, please contact us at the following address:

[pao.lava@us.army.mil](mailto:pao.lava@us.army.mil)

All submissions **MUST BE NO MORE THAN ONE SENTENCE LONG**, and contain the soldier's name, rank, and unit along with the message of support. Please limit your submissions to one per family per month. Any submissions that do not fulfill these criteria will not be published.